

# Zumbrota-Mazeppa Community Education

Welcome to Summer 2024

Come join the fun with Community Education!  
Look inside for our Summer 2024 programs and classes!



Registration begins IMMEDIATELY! Register now at  
[www.zmschools.us](http://www.zmschools.us) under Community Ed.



Find us on Facebook at  
Zumbrota - Mazeppa Community Education



# Zumbrota-Mazeppa Community Education

705 Mill Street  
Zumbrota, MN 55992  
507-732-4244

Jen Lohmann, Director      jenb@zmsch.k12.mn.us  
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## Cougar Care School Aged Childcare & Bright Beginnings

Jordan Pahl, Child Care Coordinator  
jordanp@zmsch.k12.mn.us  
507-732-4650  
799 Mill Street, Zumbrota, MN 55992

### On-line Registration

Register online securely and immediately at [www.zmschool.us](http://www.zmschool.us). We accept Visa or Master Card. If you have questions about getting an account or verifying account information, please contact the Community Education Office via email or at 507-732-4244.



### Walk-In Registration

The Community Ed office is located in the previous high school office. Please stop in and register in person if you prefer. Please note, the CE office is closed on Fridays during the summer.

### Mail Registration

Mail your registration form with check, money order or Visa/Master Card information to: Community Education Office, 705 Mill Street, Zumbrota, MN 55992

### Register Early!

Classes fill fast. We have limited availability, sign up right away to ensure your spot. Once classes fill, you will have the option to be put on a wait list. The wait list does not guarantee you a spot, it gives you the chance to take the class if someone cancels.

Prompt registration helps avoid disappointment when classes fill quickly. It also helps avoid the disappointment of cancelling a class due to low enrollment, only to find that last minute registrations would have filled it. Early registrations also make it easier if we need to contact you for any reason before your class begins.

### Registration Policy

Refunds will not be made after the first class meeting or deadline. A 48-hour notice is required for class cancellation. If supplies or tickets have been purchased, the student will not be issued a refund. If paid online, a processing fee of \$1.50 will be subtracted from the original amount of the class or camp. In the event that class is cancelled, the students will receive a notice by email or telephone. In that case, a full refund will be given via the credit card used for payment or a credit for the entire amount will be applied to your account for later use.

### No news is good news

You are registered for a class unless we notify you otherwise. You will be notified via email if your choice is not available. To receive an email confirmation of registration, please provide your email address at registration.

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The Community Ed office is closed  
Fridays during the summer.



If there is inclement weather, please check the Zumbrota-Mazeppa Community Education Facebook page for updates.

**Early Childhood Family Education (ECFE) is a program available through your local school district for young children and families.**

### Lunch Bunch at the Park

**Ages Birth-5 (2023-24)**

Pack a lunch (or some snacks) and bring your friends for a fun time at the playground! There will be play-time before lunch and plenty of songs and stories to keep your little ones involved while they munch on some food.

Children must be accompanied by an adult. Please register for each day you will participate.

\*If raining, lunch bunch will be canceled. *Instructor: Megan Anderson*

**Tuesday, June 11<sup>th</sup> – Zumbrota Covered Bridge**

**Friday, July 5<sup>th</sup> - ZMES Playground, Mazeppa**

**Wednesday, July 31<sup>st</sup> - East Park, Zumbrota**  
**10:30 - 11:30 AM**

**Birth - Age 5 (older siblings welcome)**

**FREE EVENT (please pre-register)**



### Ballet

**Ages 3-5 (NO K – 2023-24)**

Students will learn the basic steps, proper arm and leg positions and common ballet terms. Come join in the fun! \*Please sign up for only one session. *Instructor: Hailie Quenzer*

**Monday, June 10<sup>th</sup> – Wednesday, June 12<sup>th</sup>**

**Session 1: 10:00-10:30 AM**

**Session 2: 10:45-11:15 AM**

**ZMPS Gym**

**\$19**



### June Special: Summer Sensory Night

**Ages Birth-5 (NO K – 2023-24)**

Prepare to get messy! This will be an outdoor event including various sensory tables to dig into and enjoy! There will be Creature Catch, Rock Painting, Barnyard, Bubble Bazaar and Marker Madness! Children must be accompanied by an adult. *Instructor: Megan Anderson*

**Thursday, June 13<sup>th</sup>**

**6:00-7:00 PM**

**ZMPS Entrance (door # 12)**

**\$5**

### Little Cougars T-Ball

**Ages 3-5 (NO K - 2023-24)**

In T-ball, we will learn some baseball terms, work on running to bases, throwing and catching the ball, and hitting with the bat. Teamwork, positive attitude and having fun are always important in sports. Please bring a glove. **T-shirt included in registration fee.** *Instructor: AJ Yusten*

**Monday, June 24<sup>th</sup> - Wednesday, June 26<sup>th</sup>**

**11:00-11:45 AM**

**ZMPS playground & football field**

**\$45**



### Little Cougars Hoops

**Ages 3-5 (NO K - 2023-24)**

The fundamentals of basketball and good sportsmanship will be covered his summer in the basketball program. This class will focus on the importance of learning a lifelong sport in a non-competitive environment. We stress the value of recreation and fun! *Instructor: Holly Hoffer*

**Monday, July 8<sup>th</sup> - Thursday, July 11<sup>th</sup>**

**3 year olds: 9:00-9:45 AM**

**4 & 5 year olds: 10:00-10:45 AM**

**ZMPS Gym**

**\$32**



### Little Cougars Soccer

**Ages 3-5 (NO K - 2023-24)**

This class will focus on basic skills of kicking and throwing while maintaining control of the soccer ball. Teamwork, team spirit and having fun are always important in sports. Bring a water bottle. *Instructor: Holly Hoffer*

**Monday, July 15<sup>th</sup> - Thursday, July 18<sup>th</sup>**

**3 year olds: 9:00-9:45 AM**

**4 & 5 year olds: 10:00-10:45 AM**

**Grass area by Primary Playground**

**\$32**



### July Special: Carnival Crafts

**Ages 1-5 (NO K – 2023-24)**

Come one come all to a morning filled with carnival fun! We'll have projects involving (happy) clowns, cotton candy, and balloons! What's not to love?!

Children must be accompanied by an adult.

*Instructor: Megan Anderson*

**Thursday, July 18<sup>th</sup>**

**9:30-10:30 AM**

**ZMPS ECFE Room**

**\$8**



### August Special: Drop in Play

**Ages Birth-5 (NO K – 2023-24)**

Come check out the ECFE/Preschool classroom for some non-structured, non-separating playtime for you and your child to explore and play! Playtimes include large motor room time, songs, and stories – just to name a few! We'd prefer registration however it is not required. Children must be accompanied by an adult. *Instructor: Megan Anderson*

**Wednesday, August 28<sup>th</sup>**

**4:00-5:00 PM**

**ZMPS ECFE Room**

**Free Event**

**\*\* The ZMPS ECFE room is located in the ZM Primary School at 799 Mill Street, Zumbrota. Please enter through the main entrance (door #12) and take the first hall to the right. \*\***



## Community Education Youth Enrichment

### Snack Attack

**Grades 2nd-6th (2023-24)**

Get ready to roll up your sleeves and join Amy for this hands-on cooking class! You will be making a few yummy, mouth-watering snacks and learning important cooking and kitchen rules needed to make these yummy snacks all summer long! All supplies are included. *Instructor: Amy Thorland*



**On the Menu:** Mini Calzone, Strawberry Shortcake, Granola Bars

**Tuesday, June 4th**

**2:00 - 4:00 PM**

**ZMMS/HS FCS Room 169**

**\$32**

### Fun in the Sun

**Ages 6 - 12**

Summertime vibes are on the horizon! Dodge the sizzle and bask in the warm glow of decorating a vibrant, sun-kissed cookie collection.

Rally your crew and join my newest 'Sunshine and Icing' cookie decorating class for some sweet, seasonal enjoyment! Cuckoo for Cookies by Debbie will be hosting a beginner sugar cookie decorating class for kids ages 6-12! All cookies and supplies needed for this class will be provided. Debbie is a Minnesota Cottage Food Producer. These products are homemade and not subject to home inspection. Allergens included dairy, eggs, wheat, nuts. Decorated cookies may vary from the picture shown.



**Wednesday, June 12th**

**12:30-1:30 PM**

**ZMPS Art Room**

**\$32**

### Handprint Animals

**4 years old – 2nd Grade (2023-24)**

Are you ready to create cute handprint ocean animals? Come join high school senior Reagan Rasmussen in the fun! You will be painting, cutting, and creating your very own colorful animals of all shapes and sizes. *Instructor: Reagan Rasmussen*



**Monday, June 17th**

**10:30-11:30 AM**

**ZMPS Art Room**

**\$15**

### Fairy Garden

**Grades K-6th (2023-24)**

Let's get together and create a whimsical and magical fairy garden! These adorable little fairy retreats will have sparkling streams, colorful flowers, and more. Included in this class will be a one 8-inch container, succulents, rocks, other fairy garden features and figurines. You don't want to miss this magical class. **Deadline is Tuesday, June 25th.** *Instructor: Amy Thorland*

**Tuesday, July 9th**

**10:00-11:00 AM**

**ZMPS Art Room**

**\$37**

Check us out on Facebook at  
**Zumbrota - Mazeppa  
Community Education**



### Mazeppa Daze – Kids Crafty Camp!

**Grades K & up (2023-24)**

Tie Dye T-shirts ~ Everyone loves tie dye! Let's get together and make a really fun Mazeppa Daze 2024 tie dye shirt. Students will choose their colors and style and create their very own shirt to wear all summer.

Slime ~ Get crazy with slime. Slime kits will be provided to students. They will be able to make their slime with foam beads, colors, and other fun items.

Canvas Spin Art ~ Decorate and make it your very own! Lots of colors to choose from!

Cookie Station ~ Have fun at the cookie decorating station! Decorate and enjoy scrumptious cookies! *Instructor: Amy Thorland* \*Deadline to register is **Wed., June 26th\***

**Thursday, July 11th**

**9:00-11:00 AM**

**Mazeppa Community Center**

**\$49**

### {YEL!} Mad Scientists Training Academy

**Grades 2nd-5th (2023-24)**

In this class, you won't just learn science...you'll DO science. Make and take home a lava lamp, hover disc, explosive volcano, and...of course...SLIME! Use all of these experiments to explore and discover the scientific method. Don your white coat and goggles...it's time to begin your own journey to becoming a mad scientist (cue maniacal laugh)!

NOTE: All experiments are physical experiments, not chemical. Students will be provided safety goggles to wear during class.

**Monday, July 15th – Friday, July 19th**

**1:00-4:30 PM**

**ZMPS Art Room**

**\$139**

### Flower Seed Bombs & I Found a Quilted Heart

**Grades 2nd-6th (2023-24)**

Spread beauty and resilience by making, sharing, and planting homemade "seed bombs" – clay balls full of seeds, which will sprout flowers wherever they land. Seed bombs can be tossed, crumbled, or planted to sprout flowers and plants in areas that need some love.

I Found a Quilted Heart is all about the finder. I Found a Quilted Heart volunteers anonymously create and place small, quilted hearts around the globe to brighten the day of a stranger. Hearts are made of fabric, generally the size of your palm, and can be any shape of heart you choose. Most have a layer of batting or fiberfill and you can embellish with buttons, sequins, ribbon, etc. Have fun with your creative process! To learn more about I Found a Quilted Heart visit their website here: <https://www.ifoundaquiltedheart.com/>

*Instructor: Amy Thorland*

**Tuesday, July 23rd**

**12:30-2:00 PM**

**ZMPS Art Room**

**\$15**

### Register Early!

Class space is limited! Register early to ensure your spot.



## Community Education Youth Enrichment

### Journaling

#### Grades K & up (2023-24)

Journaling is a great way to make sense of our feelings, release negativity, make lists, goals, to do lists, doodle, draw, jot down quotes, write poems ect. There is no one way to journal, just as there are no two people who are identical. Our minds must find a way to release our thoughts and journaling is a positive way to do that. Students will be provided with a journal and a set of gel pens or pencils to get them started. We will decorate the journals then discuss and practice ways of journaling which will allow them an opportunity to find what works best for them at this time.

*Instructor: Amy Thorland*

**Tuesday, July 30th**

**12:30-1:30 PM**

**ZMPS Art Room**

**\$25**



### Bath Bombs

#### Grades K-6th (2023-24)

New Summer Molds! Schools out for summer! It's time to relax & make bath bombs! In this class, you will learn everything you need to know about making bath bombs! We will cover the basics including color, fragrance, and ingredients. After this class, you will be able to create bath bombs galore that are so fun and easy to make. You'll never have to buy a bath bomb again, and they make great gifts too! The cost covers materials, instructions, and will result in bath bombs to take home and enjoy. *Instructor: Amy Thorland*

**Tuesday, August 6th**

**12:30-1:30 PM**

**ZMPS Art Room**

**\$25**

### Lemon Squeeze

#### Ages 6 - 12

Hey kiddos! If life hands you lemons, let's turn them into yum-tastic, super-cute sugar cookies! Miss Debbie is gonna show you the ropes on jazzing up those cookies, and we'll have a whole lot of giggles along the way as we learn some cool new tricks. So, bring your bestie along, because cookie fun is double the fun with a friend! Cuckoo for Cookies by Debbie will be hosting a beginner sugar cookie decorating class for kids ages 6-12! All cookies and supplies needed for this class will be provided. Debbie is a Minnesota Cottage Food Producer. These products are homemade and not subject to home inspection. Allergens included dairy, eggs, wheat, nuts. Decorated cookies may vary from the picture shown.



**Monday, August 5th**

**12:30-1:30**

**ZMPS Art Room**

**\$32**

### {YELI} Robotics: Scout 'Bots | Summer Grades K-4th (2023-24)

Build and code space rovers to scout out Mars, the moon, and other extraterrestrial environments. Also, create a dragster and volcano alarm to learn basic computer programming while having fun! Let's go!

**Monday, August 12th – Thursday, August 15th**

**9:00-12:00 PM**

**ZMPS Art Room**

**\$129**

### Slime

#### Grades K- 6th (2023-24)

Let's get crazy with slime! You will be able to make your slime with foam beads, colors, and other fun items. All supplies are included, no experience necessary! *Instructor: Amy Thorland*

*Instructor: Amy Thorland*

**Tuesday, August 13th**

**12:30-1:30 PM**

**ZMPS Art Room**

**\$19**



### Watermelon Canvas Painting

#### Grade K-3rd (2023-2024)

Are you ready to paint & create? Come and join high school senior Reagan Rasmussen and paint this fun 11x14 watermelon canvas!

Reagan will give you step by step directions to paint this fun fruity canvas. Once you are done, take it home to decorate for the rest of summer! *Instructor: Reagan Rasmussen*

**Wednesday, August 14th**

**12:30-1:30 PM**

**ZMPS Art Room**

**\$25**



## Community Education Miscellaneous

### Notice:

We often use email to send information about upcoming classes. Keep your email and phone number up-to-date! Log into your account and update your email and phone number or call us at 507-732-4244, and we will be happy to help you! - ZM Community Ed



### Photo Policy

Smile! There are occasions when representatives of District 2805 photograph or videotape students while attending and participating in Community Education sponsored events. Parents/guardians not wanting their child/self to be identified in photographs/videotapes in the Community Education brochures or school web site should contact the Community Education office at 507-732-4244 or by emailing Erin at [erinh@zmsch.k12.mn.us](mailto:erinh@zmsch.k12.mn.us)

### South County Health Alliance

Zumbrota Mazeppa Community Education customers using South County Health Alliance, a state-certified Health Maintenance Organization, may qualify for reduced course fees. Call or bring in your SCHA ID card to the Community Ed office 507-732-4244. There is a 5 class maximum per year per person for participating SCHA members.





# *Sleeping Beauty*

## *through Missoula Children's Theater*



**August 19th—24th in the ZM HS/MS Auditorium**  
**Kindergarten (2023-24) – Age 18**      **\$99**

The Missoula Children's Theatre presents SLEEPING BEAUTY, an original adaptation of the classic fairy tale. A new princess is born, and from far and wide the people of the kingdom gather to celebrate. One simple mistake is made-an invitation is misplaced-and the wrath of the vicious Scarella falls upon the poor infant in the form of a spell. Sleeping Beauty is now destined to sleep for eternity if she should prick her finger on a spindle before she reaches her sixteenth birthday. Sleeping Beauty's Fairy Godmothers do their best to amend the spell, but Scarella, with the help of some nasty Trolls, tricks Sleeping Beauty into pricking her finger and the spell takes effect. Five hundred years pass and Sleeping Beauty wakes to find herself in a Rock 'n Roll dream! Also featured in this production are the King and the Queen, Spot, the Fairies, the Palace Attendants and the Caterpillars. SLEEPING BEAUTY-a Rock 'n Roll Fable for the ages. This is definitely no sleeper!

Auditions are open to anyone Grade K (2023-24) through 18. The audition process lasts up to two hours and all those auditioning are required to be in attendance for its entirety. No preparation or experience is necessary for the audition. The cast will be announced at the end of the two-hour audition; each cast member will receive a rehearsal schedule for the remainder of the week. A portion of the cast will be required to stay following auditions for a 2 hour rehearsal. Two professional actor/directors from the staff of Missoula Children's Theatre will direct the production.

Rehearsals will be held the remainder of the week. There will be two sessions, depending on your role you may be required to attend both sessions. A schedule will be given following auditions. Anyone who auditions should make sure their schedule is clear, as full attendance is mandatory! Performances are on Friday evening and Saturday morning in the ZMHS Auditorium.

<b>Auditions:</b>	Monday ZM HS/MS Auditorium *A portion of the cast will be required to stay following auditions for a 2-hour rehearsal.	August 19 3:00 - 5:00 PM
<b>Rehearsals:</b>	Tuesday, Wednesday, Thursday ZM HS/MS Auditorium	August 20, 21, 22 Session 1: 3:00 – 5:00 PM Session 2: 5:15 - 7:15 PM
<b>Dress Rehearsal:</b>	Friday ZM HS/MS Auditorium	August 23 3:00 - 7:00 PM
<b>Evening Performance:</b>	Friday ZM HS/MS Auditorium	August 23 7:00 PM
<b>Matinee Performance:</b>	Saturday ZM HS/MS Auditorium	August 24 11:00 AM
<b>Workshops:</b> (included in the registration fee) Please register for workshops on Monday, Aug.19 at auditions.	Put Your Best Foot Forward – K-2nd Grade Put Your Best Foot Forward – 3rd – 5th Grade Put Your Best Foot Forward – 6th Grade – Age 18	Tues., Aug. 20 - 2:00-3:00 PM Wed., Aug. 21 – 2:00-3:00 PM Thurs., Aug. 22 – 2:00-3:00 PM

***Tickets for each performance will be \$5 for adults and \$3 for students.***

## Community Education FIELD TRIPS

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### Kids in the Community

#### Day 1—Local

##### Grades 3rd & Up (2023-24)

Small hands can bring BIG changes ~ never doubt that a small group of thoughtful, committed citizens can make a difference in our communities and the world! This program will focus on volunteering in our own communities and making a difference right where we live. We will spend time at the Nursing Home, clean up parks in Zumbrota and Mazeppa and volunteer at the food shelf.

**Tuesday, June 25th**

**11:00-4:00 PM (lunch of pizza/drink provided) ZMHS Cafeteria (Zumbrota)**

**FREE**

VOLUNTEER



#### Day 2—Global

##### Grades 3rd & Up (2023-24)

Join us as we volunteer at Feed My Starving Children. The organization, Feed My Starving Children (FMSC), exists to provide meals to supplement nutritional needs and reduce problems with malnutrition. The meals we package will then get shipped to places that need them most. Join us as we volunteer to help a great cause and make a tangible difference today!

**Must wear closed toe shoes.**

**Wednesday, June 26th**

**Depart ZMES 8:00 AM/Return ZMES 2:15 PM    Depart ZMPS 8:15 AM/Return ZMPS 2:00 PM**

**FREE - Bring Money for Lunch at McDonalds once we're done volunteering.**

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### Faribault Water Park

#### Grades 3rd-6th (2023-24)

The Faribault Family Aquatic Center has fun activities for everyone! Amenities include the following: two large flume slides, drop slide, climbing walls, zero-depth entry, lily pad walk, elephant slide, interactive water features, water basketball and volleyball and so much more. Must be 48" or taller to ride water slides. Come enjoy a day of fun in the sun! **Please remember to bring sunscreen and a sack lunch.**

**Thursday, June 27th**

**\$25**

**Depart ZMES 10:00 AM/Return 4:00PM**

**Depart ZMPS 10:15 AM/Return 3:45 PM**

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### Air Insanity

#### Grades 3rd-6th (2023-24)

Come along with Community Ed as we travel to Air Insanity. Air Insanity is over 32,000 square feet of fun for everyone; with trampolines, dodge ball, slam dunk basketball, climbing wall, air bag, warrior beam, warp wall, warrior obstacle course, plus lots more!! **We will have a Chick-Fil-A meal at Air Insanity!! The deadline to register is Thursday, July 11th. Air Insanity does require all participants to have a waiver form filled out. In order for your child to participate in all this fun, you have to do this online at: [www.airinsanity.com](http://www.airinsanity.com). This must be done when you turn in registration!! \*\* Please note, no refunds will be given after the deadline.\*\***

**Thursday, July 25th**

**\$38**

**Depart ZMES 9:00 AM/Return 1:15 PM**

**Depart ZMPS 9:15 AM/Return 1:00 PM**

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### Colvill Water Park Red Wing

#### Grades 3rd-6th (2023-24)

Swim and splash on the waterslides or just soak up the sun. The Red Wing Aquatic Center has lots of fun for everyone! Check out the list of fun for the day - zero depth entry pool, two water slides, an interactive play area in the water for the young kids and a diving board. In addition, there is a sand play area, lounge chairs and large umbrellas. Life jackets may be worn. **Please have lunch before we leave and remember to bring sunscreen.**

**Thursday, August 1st**

**\$24**

**Depart ZMES 11:15 AM/Return 4:15 PM**

**Depart ZMPS 11:30 AM/Return 4:00 PM**

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### Saint Paul Saints Baseball Game

#### Grades 3rd & up (2023-24)

Take me out to the ball game! The Saint Paul Saints will take on the Columbus Clippers at the CHS Field. Don't forget to wear your baseball cap and be prepared for a great time! Please have lunch before we leave. **New this year ticket cost includes \$20 concession stand money! \* we will return approximately 1 hour after end of game\***

**Wednesday, August 7<sup>th</sup>**

**\$58**

**Depart ZMES 10:00 AM/Return ZMES 5:45 PM Depart ZMPS 10:15 AM/Return ZMPS 5:30 PM**



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### Day At The Movie

#### Grades K & up / Ages 4 & 5 with Parent/Guardian (2023-24)

Join us for a day at the movies. The Garfield Movie— Garfield has an unexpected reunion with his long-lost father, a scruffy street cat who draws him into a high-stakes heist. **Drink and snack provided.**

**Thursday, August 22nd**

**9:30 - 11:00 AM**

**ZM HS/MS Auditorium**

**\$6**





## Community Education Youth Sports & Recreation

### Tae Kwon Do – Ages 7 & up

This co-ed class will introduce you to the Korean martial art of Tae Kwon Do. Tae Kwon Do is an excellent way to increase self-confidence, flexibility, mental concentration, discipline, coordination and alertness, while reducing stress. The ability to defend one's self is also taught while having a fun workout. Black belt instructors have all been trained by and are actively associated with Park Institute of Tae Kwon Do in Rochester, MN. Open to students ages 7 & up. *Instructors:*



*Luke Mulder and Josie Nicolai*

#### New Student Session:

**Tuesdays, June 4, 11, 18 & 25**

**6:00-6:45 PM**

**ZMPS Gym**

**\$20**

### Fit Kid Camp

#### Grades PreK-6 (2023-24)

This camp is for kids who are active or just want to have fun and get in shape. We will be doing a warmup with individual exercise before we move into our activities each day. Kids will use skills such as running, dodging, kicking, catching, and throwing. The goal of this class is to teach kids healthy habits and find activities or exercises that they enjoy and would potentially continue to do outside of this class. \*Please make sure your child wears tennis shoes and brings a water bottle. All abilities are welcome! *Instructor: Ryan Liffing*

**Monday, July 8th –Thursday, July 11th**

**PreK – K Grade 1:00-1:45 PM**

**1<sup>st</sup> – 3<sup>rd</sup> Grade 1:45-2:30 PM**

**4<sup>th</sup> – 6<sup>th</sup> Grade 2:30-3:30 PM**

**ZMPS Gym**

**\$30**

### Cougar Court Volleyball Academy 2024

This academy is designed for girls & boys who are looking to learn and further advance their volleyball skills. Athletes will learn a variety of skills through fun and engaging drills that focus on cooperation and team play. Grades are based on the 2023-24 school year. *Instructor: Lisa Nelson—Volleyball Coach*



**Tuesday's & Thursday's July 9,11, 16, 18, 23, 25**

**3rd Grade 9:00-9:45**

**4th Grade 9:45-10:30**

**5th Grade 10:30-11:15**

**6th Grade 11:15-12:00**

**ZMHS Aux. Gym**

**\$40**

### Basketball Skills Camp

#### Grades K-3 (2023-24)

Basic Fundamentals like ball handling, proper shooting form, defensive stance, jump stops, pivots, boxing out and screening will be covered. As we get further into the sessions, we will put our skills to the test and play an actual game as well. *Instructor: Ryan Liffing*



**Tuesdays & Thursdays July 16, 18, 30, & August 1**

**K-1st Grade 1:00-2:00 PM**

**2nd-3rd Grade 2:15-3:15 PM**

**ZMPS Gym**

**\$60**

### {YEL!} Track and Field Decathlon Grades 1-4 (2023-24)

Fast-paced and inclusive (everyone participates). YEL's Teach It, Practice It, Play It® approach teaches players new skills each class practices those skills and then use them in safe track and field events (javelin, discus, shot put, long jump, relay race and more). SAFETY is our first rule. We use foam padded javelins and safety hurdles, as well as lightweight safety shot put and discus materials. Get set...GO! Sign up today!



**Monday, July 29th – Thursday, August 1st**

**8:30-10:00 AM**

**ZM Track**

**\$99**

**Rain Location: ZMPS Gym**

### Summer Soccer Clinic

#### Grades K-4 (2023-24)

The focus of this soccer clinic will be field player development. Players time will be divided into the following groups for warm-up, basic skills, small sided and full sided games. Grades are based on 2023-24 school year. Participants should bring a water bottle. Space is limited, register early to reserve your child's spot. Please remember shin guards and Soccer cleats (**No middle toe cleats**). *Instructor: Karl Jacobsen & Paul Coady*



**Monday, July 29th—Wednesday July 31st**

**Kindergarten 5:00-5:45 PM \$29**

**1st - 2nd Grade 6:00-7:00 PM \$34**

**3rd - 4th Grade 7:15-8:15 PM \$34**

**Covered Bridge Park—Zumbrota**

### Basketball Offensive Skills Training

#### Grades 3-8 (2023-24)

The focus of this camp is to teach offensive skills and footwork to help athletes create separation on offense. We will teach an array of basketball skills including proper shooting form, step through, step back, euro, spin dribble and work on using proper spin when finishing. Older groups will be more advanced than younger groups. We will then put this into motion playing small, sided games like 2 on 2 or 3 on 3. *Instructor: Ryan Liffing*



**Tuesdays & Thursdays August 6, 8, 13, & 15**

**3rd – 4th Grade 1:00-2:00 PM**

**5th – 6th Grade 2:00-3:00 PM**

**7th – 8th Grade 3:00-4:00 PM**

**ZMES Big Gym (Mazeppa)**

**\$60**

### Generation Pound (Ages 6-12)

The workout tailored for young rockstars ages 6–12, with kid-friendly choreography and group activities designed to teach kids new ways to explore movement, embrace their creativity, inspire confidence, build self-esteem and ROCK OUT! Parents/Guardians are invited to see what your child (ren) have learned during the observation time on August 8th at 9:15 AM. T-shirt included, please mark size when registering. *Certified Instructor: Trisha Miller*

**Monday, August 5th - Thursday, August 8th**

**9:00 – 9:45 AM**

**ZM HS/MS Auditorium**

**\$50**



## Summer Strength & Conditioning Clinic

**Grades 4-5 (2023-24)**

4th and 5th graders will learn the basic concepts of strength training while also enhancing their speed, agility, quickness and reaction abilities from the Zumbrota-Mazeppa Strength Coach who is a nationally certified Strength & Conditioning Specialist and Personal Trainer. No strength training experience is required, open to all fitness levels. *Instructor: Josh Karow*

**Tuesdays and Thursdays**

**June 11, 13, 18, 20, 25, 27, July 9, 11, 16, 18, 23, 25, 30, August 1**

**4:00 - 5:00 PM**

**ZMHS Weight Room**

**\$114**



## Summer Strength, Speed & Agility Program

**Grades 6-11 (2023-24)**

Summer Strength, Speed & Agility Program will be led by a Nationally Certified Personal Trainer, Josh Karow. Programs will be tracked & managed through the Teambuildr App! This program is available to our student athletes at Zumbrota-Mazeppa. *Instructor: Josh Karow*

**June 3rd - August 2nd**

**(No Class Wed., June 19th and the week of July 1st-5th)**

**ZMHS Weight Room**

Speed & Agility at ZM Football Practice Field

Three options are available - T-shirt included! \*Discounted Rate if you register for both programs!

**Deadline to register is Friday, May 31st or when FULL! Sessions are limited, register early!**

Option 1: Strength/Speed & Agility Program	Option 2: Strength Only	Option 3: Speed & Agility Only
<b>Strength Sessions - Mondays, Wednesdays, Fridays</b> (Register for one session only) <b>Session 1: 6-7:15 AM</b> <b>Session 2: 12-1:15 PM</b> <b>Speed Agility: Tuesdays &amp; Thursdays 5:30-6:30 PM</b> <b>Cost: \$259 for Strength &amp; Speed Agility (5 sessions a week)</b>	<b>Option 2: Strength Only</b> Mondays, Wednesdays, Fridays (Register for one session only) <b>Session 1: 6-7:15 AM</b> <b>Session 2: 12-1:15 PM</b> <b>Cost: \$189 for Strength Only (3 sessions a week)</b>	<b>Option 3: Speed &amp; Agility Program Only</b> <b>Speed Agility: Tuesdays &amp; Thursdays 5:30-6:30 PM</b> <b>Where: Speed &amp; Agility at ZM Football Practice Field (enter through West Avenue or Primary School parking lot)</b> <b>Cost: \$109 for Speed &amp; Agility ONLY (2 sessions a week)</b>

### EVALUATION DAYS:

Option 1: Full Program -

Strength - Attend your first Strength Session  
 Speed/Agility Evaluation—Tuesday, June 4th 5:30-6:30 PM  
 Upper Football/practice Field.

Option 2:

Strength Only - Attend your first Strength Session

Option 3:

Speed/Agility ONLY- Tuesday, June 4th 5:30 - 6:30 PM  
 Upper Football/practice Field



Please check the Zumbrota—Mazeppa Community Education Facebook page for updates on Community Ed activities.

### Summer Baseball

The 2024 summer baseball season will begin on Monday, June 3rd and run through Thursday, June 27th. Practices will run in the mornings from Monday, June 3rd through Thursday, June 27th. Tball games will be June 11th, 18th, & 25th. PeeWee games will be June 10th, 17th, & 24th. You will receive an email with additional information towards the end of May.

**\*\* No Practice on Wednesday, June 19th\*\***



Parent volunteers are needed to run the night games. Please let the Community Ed Office know if you are interested in helping and thank you in advance. All practices and games are located on the fields east of the ZMPS playground.

### T-Ball

During the practice time in the morning we will work on the basic skills for starting baseball and softball players. We encourage the players to practice these skills at home. We will also have short scrimmages to let the players experience game situations. We hope to help improve their skills and have fun in the process. Players will hit off of a tee and we will be using a safety ball designed for young players. Players should bring a glove, something to drink, and a hat. We will have bats, but if you would like to bring your own that would be fine.

**Entering Kindergarten (2024-25) & Kindergarten (2023-24)**

**Practice: Mon/Wed from 8:00-9:00 AM**  
**Games: Tuesdays at 6:00 or 7:00 PM**

**\$75**

### Pee Wees

During the practice time in the morning we will work on the fundamental skills. We encourage the players to practice these skills at home. We will also have short scrimmages/games to let the players experience game situations while having fun playing baseball. We hope to help improve their skills and have fun in the process. We will be using a safety ball designed for young players during the session. Players should bring a glove, something to drink, and a hat. We will have bats, but if you would like to bring your own that would be fine.

**Grades 1-2 (2023-24)**

**Practice: Tues/Thurs from 8:00-9:00 AM**  
**Games: Mondays at 6:00 PM**

**\$75**

### Baseball Skills Training 3rd and 4th Grade (9u and 10u)

We will be working on various skills throughout the sessions including starting with the basic skills of throwing, catching, and hitting. We will also work on skills more defined to specific positions such as pitching, catching, infield, and outfield play. Along with these skills we will also work on game situations to help with offensive skills such as baserunning and defensive skills such as cut-offs / relays and backing up bases. We will also work with the parent coaches of the traveling team to help address skills they observe are needed. Our goal is to have the players enjoy the game of baseball and to learn how to play the game the best they can. We will work to make this fun for the players and keep them active during the time they are with us in the morning while helping to build their skills in the game of baseball.

**Grades 3-4 (2023-24)**

**Practice: Mon/Wed**  
**9:15-10:30 AM**

**\$75**

### Baseball Skills Training 5th and 6th (11u and 12u)

We will be working on the skills necessary for baseball including proper throwing and catching, hitting, bunting, pitching, catching, infield/outfield play, base running, and game situations both offensively and defensively. We will also work with the parent coaches and emphasize skills they see are most needed for their traveling teams. Our goal is to have the players enjoy the game of baseball and to learn how to play the game the best they can. We will work to make this fun for the players and keep them active during the time they are with us in the morning while helping to build their skills in the game of baseball.

**Grades 5-6 (2023-24)**

**Practice: Tues/Thurs**

**9:15-10:30 AM**

**\$75**

## Community Education YOUTH SUMMER SPORTS CAMPS

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### **Cougar Football Camps** (Offered by Darin Raasch)

**Primary Camp** - will be held from June 10th - 12th at the high school football field. The camp is designed to introduce the basic skills of football. The camp will focus on basic skills, teamwork and sportsmanship. In a non-collision and no pad environment the kids will learn basic skills, have competitions and have fun learning the sport of football. These camps are run by ZM players and coaches. The camp fee is \$45 and includes a t-shirt. **Please make checks payable to Darin Raasch.**

**Elementary Camp** - will be held from June 3rd - 6th at the high school football field. The Elementary Camp is designed for grades 3-6 to introduce the basics of football. The camp will focus on teamwork and sportsmanship. In a non-collision/no pad environment we will cover basic techniques of blocking, catching, kicking, running, as well as the basic rules of the game. These camps are run by ZM players and coaches. The camp fee is \$60 and includes a t-shirt. **Please make checks payable to Darin Raasch.**

**Junior High Camp** - Will be held July 15th-18th and is designed to introduce players to the drills and scheme that we will use in the upcoming season. In a non-collision/no pad environment we will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. The junior high camp will introduce all players to all positions. This camp is for anyone going into grades 7 or 8 next year and will be run by ZM coaches. The camp fee is \$60 and includes a t-shirt. **Please make checks payable to ZM Football.**

**Varsity/JV Football Camp** will be held July 15th-18th, 22nd & 23rd & 29th & 30th, and is designed to introduce the players to drills and scheme we will use during the upcoming season. We will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. During this camp we WILL issue equipment and use it for the state mandated acclimatization process for our TEAM CAMP in Marshall, MN July 24th—26th. This camp will be run by ZM coaches. The camp fee is \$45 and includes a t-shirt. **Please make checks payable to ZM Football.**

**Volleyball Camp** (Offered by Lisa Nelson) - **Grades 6-11 Girls** (2023-24) - Ran by the 3C's Volleyball. The camp will be held July 29th - 31st. The 3C volleyball camps are run by a group of current and former college coaches and players. It is their mission to help young players grow into more than a good volleyball player. They teach: \*Basic skills & knowledge of the game \*Strong team culture \*Healthy & lasting relationships with teammates and coaches \*Confidence on and off the court \*Strong character \*Growth mindset \*Mental toughness. The cost of the camp will include a t-shirt. **Fee: 6-7 \$75/8-11 \$150. Checks made payable to ZM Volleyball.**

**Volleyball Camp** (Offered by Lisa Nelson) - **Grades K-5 Girls** (2023-24) - The camp will be held June 3rd - 6th. This camp will focus on basic volleyball skills such as passing, setting, hitting, and serving. You will learn a variety of skills through fun and engaging drills. Skill development, basic rule comprehension, and fun are the main goals. ZM Volleyball Coaches will be running the camp. The fee is \$50 and includes a t-shirt. **Please make checks payable to Lisa Nelson.**

**Girls Basketball Camp** (Offered by Darren Nelson) **Girls in grades K-11** (2023-24), here's your chance to join your friends, have fun, and improve your basketball skills. We are excited about the opportunity to be working with and getting to know both our present and future Cougar basketball athletes. Age appropriate fundamental skills with an emphasis on shooting will take place. The camp runs June 10th - 13th. The cost for camp is K-2 session \$55 and 3rd-11th Grade \$60 and includes a camp t-shirt. **Please make checks payable to Darren Nelson.**

**Cougar Softball Camp** (offered by Megan Nelson) - **Grades 1st-6th** (2023-24), The camp will be help June 3rd—6th. Girls looking to develop and improve their softball knowledge have an opportunity to gain skills and learn proper technique this summer. The softball camp will allow you to grow as a player through individualized instruction in fielding and hitting. Please bring a glove, tennis shoes or cleats and a water bottle. The cost of camp is \$35. **Please make checks payable to Megan Nelson**

**Boys Basketball Camp** (Offered by Logan Jensen) Boys in grades 3-11 (2023-24) are invited to participate in a basketball camp this summer. The camp will run June 3rd - 6th and will be conducted by the ZM High School Boys basketball coaches. There will be 3 sessions each day, Monday through Thursday, June 3rd - 6th. Join in to improve your skills, your game and to have some fun! **Please make checks payable to Logan Jensen.**

**Online registration is not available for the camps on this page that are run through coaches. Please see enclosed registration forms for additional registration information.**

## Community Education COUGAR CARE & BRIGHT BEGINNINGS

### Cougar Care & Bright Beginnings



### SUMMER CAMP 2024

"Come join us this summer for lots of fun, entertainment and field trips!"

Children entering Grades K–5 will participate in a new camp theme every week. Bright Beginnings will also enjoy themed camps in the summer. For more information regarding registration contact Jordan Pahl at 507-732-4650 or by email at [jordanp@zmsch.k12.mn.us](mailto:jordanp@zmsch.k12.mn.us).

**OUR MISSION:** Providing a safe and entertaining environment for children ages 33 months–5th grade, the summer program offers exciting field trips and numerous opportunities for hands-on exploration; sure to keep your child safely and happily engaged all summer long!

**SUMMER REGISTRATION!** For more information regarding registration contact Jordan Pahl at 507-732-4650 or by email at [jordanp@zmsch.k12.mn.us](mailto:jordanp@zmsch.k12.mn.us).

#### What days and hours does the summer childcare program run?

The summer childcare program begins Monday, June 3rd. Childcare is available from 6AM–6PM. Childcare will be closed on Wednesday, June 19th, Thursday, July 4th and Friday July 5th. There will be no childcare the week of August 26th through September 2nd.

**SUMMER FUN!** During the summer we offer engaging theme based activities, field trips, and non-stop fun. The children are supervised by responsible, fun-loving individuals who truly enjoy working with kids of all ages. Another advantage these programs offer is transportation to Zumbrota swimming lessons and other scheduled community ed. activities (in Zumbrota only).

#### SWIMMING

More information to come.

#### SWIMMING LESSONS

If you would like your child to attend swimming lessons while at Cougar Care this summer you will need to register for the Cougar Care only session. A shuttle bus is provided that will transport Cougar Care students to and from lessons. There will be a charge of \$3.00 for each day that the child uses the swim bus to ride from childcare to the pool and back. Childcare staff ride the bus with the children. There will be more information to come on when sign up is and what session will be for Cougar Care.

#### **Registration fees:**

\$25 for each child registering for summer

#### **Daily fees are:**

#### **Bright Beginnings Rates for Summer 2024**

(33 months -Pre-k)

\$34/day (Scheduled full time – at least 4 days+ per week for 11 weeks of the summer)

\$36/day (Scheduled part time – 2-3 days/week)

\$44/day (Drop In – 1 day/week must be 24-hour notice)

#### **Cougar Care Rates for Summer 2024**

(K-5th grade)

\$33/day (Scheduled full time – at least 4 days+ per week for 11 weeks of the summer)

\$35/day (Scheduled part time – 2-3 days/week)

\$44/day (Drop In – 1 day/week must be 24-hour notice)

#### **Are scheduled field trips optional?**

If children are scheduled for child care on a field trip day they must be registered to attend the trip.

#### **How do I register my child for field trips through Cougar Care & Bright Beginnings?**

All children scheduled for child care on field trip days must be registered for field trips. Registrations can be submitted either online on the school website under community education (be sure to select the trip with CC/BB in the description) or by completing the field trip registration form.

**CHILDREN ARE STONGLY DISCOURAGED FROM BRINGING TOYS FROM HOME. IPODS, CELL PHONES, CARDS, AND SMART WATCHES ARE NOT ALLOWED AT COUGAR CARE & BRIGHT BEGINNINGS. WE ALSO ASK THAT YOUR CHILD DOES NOT BRING MONEY ON FIELD TRIP DAYS.**





# Zumbrota – Mazeppa Community Education Summer 2024 Registration Form

705 Mill Street, Zumbrota, MN 55992 (507) 732-4244  
Register Online at [www.zmschools.us](http://www.zmschools.us) and select Community Education!  
[jenb@zmsch.k12.mn.us](mailto:jenb@zmsch.k12.mn.us) or [erinh@zmsch.k12.mn.us](mailto:erinh@zmsch.k12.mn.us)  
\* Reminder the Community Ed Office is closed on Fridays during the summer\*



Student Name: \_\_\_\_\_  
Grade (23-24): \_\_\_\_\_ Age: \_\_\_\_\_  
Address/City: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
T-Shirt Size: Youth S M L Adult: S M L XL

**Emergency Contact Information** (It is very important that we have accurate emergency contact information.)

Parent/guardian: \_\_\_\_\_  
Day Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
  
Parent/guardian: \_\_\_\_\_  
Day Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
  
Friend/Relative: \_\_\_\_\_  
Day Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_

Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_ Check #: \_\_\_\_\_  
Fee: \_\_\_\_\_  
  
Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_ Check #: \_\_\_\_\_  
Fee: \_\_\_\_\_  
  
Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_ Check #: \_\_\_\_\_  
Fee: \_\_\_\_\_  
  
Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_ Check #: \_\_\_\_\_  
Fee: \_\_\_\_\_  
  
Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_ Check #: \_\_\_\_\_  
Fee: \_\_\_\_\_  
  
Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_ Check #: \_\_\_\_\_  
Fee: \_\_\_\_\_  
  
Visa ☐ MasterCard ☐ Exp Date \_\_\_\_ / \_\_\_\_  
Card # \_\_\_\_\_ Auth # \_\_\_\_\_

I hereby give permission for my child, \_\_\_\_\_ to attend ZUMBROTA-MAZEPPA COMMUNITY EDUCATION SUMMER RECREATION PROGRAMS. I understand that all reasonable care and caution will be taken by those in charge, but neither those in charge nor the school district will be held responsible in case of an accident. Please note that by signing this form, your child's picture could be published in a publication or on social media. If this is not okay, please let the Community Ed office know.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



# Zumbrota-Mazeppa Summer Baseball

The 2024 baseball season will be starting June 3rd and will run through June 27th.

Practice will run June 3rd through June 27th.

No practice on Wednesday, June 19th.

Tball games will be June 11th, 18th & 25th. PeeWee games will be June 10th , 17th & 24th.

Please refer to the Summer Recreation Book for the program information, dates & times.

**T-Ball – Entering Kindergarten (2024-25) &  
Kindergarten (2023-24)                      \$75**

**Baseball Skills Training 3<sup>rd</sup> & 4<sup>th</sup> Grade (2023-24)  
(9u and 10u)                                      \$75**

**Pee Wee – Grade 1<sup>st</sup> & 2<sup>nd</sup> (2023-24)    \$75**

**Baseball Skills Training 5<sup>th</sup> & 6<sup>th</sup> Grade (2023-24)  
(11u and 12u)                                      \$75**

**Registration deadline is Friday, May 10th! T Shirt is not guaranteed after deadline!**

Register online at [www.zmschools.us](http://www.zmschools.us) or make checks payable to ZM Schools.

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**Summer Baseball – Return Form to Community Ed or register online.**

**Please circle which league you are registering for:**

T-Ball Entering K (2024-25) & K (2023-24) \$75

Baseball Skills Training 3<sup>rd</sup> & 4<sup>th</sup> Grade (9u & 10u) \$75

Pee Wees (Grade 1 & 2) \$75

Baseball Skills Training 5<sup>th</sup> & 6<sup>th</sup> Grade (11u & 12u) \$75

Student Name \_\_\_\_\_

Grade Completed (2023-24) \_\_\_\_\_

Address/City \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

T-shirt size (please circle):    Youth Sizes:   Small (6-8)   Medium (10-12)   Large (14-16)  
Adult Sizes:   Small                      Medium                      Large

I hereby consent to let my child \_\_\_\_\_ participate in the 2024 summer baseball program. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the school district will be held responsible in case of an accident.

Signed \_\_\_\_\_ Date \_\_\_\_\_

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If you would like to be a **parent volunteer**, please list your name, phone number, and email where you can be contacted.

Parent Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email: \_\_\_\_\_



# 2024 Dance Camp



During camp week we will focus on basic dance skills such as stretching, leaps, turns, and kicks. We will learn a variety of skills through fun and engaging drills. ZM dance coaches will be running the camp along with the ZM dance team members. We look forward to working with you!

**Who:** Girls and Boys K-6<sup>th</sup> grade (2023-2024)

**When:** Monday, June 3rd - Thursday, June 6th

- Grades K-2nd 12:00-1:00 PM
- Grades 3rd-6th 1:00-2:00PM

**Where:** Primary School Gym

**Cost:** \$50 includes a t-shirt (make checks payable to ZM Schools)

*\*Please bring water bottle, tennis shoes, athletic clothes, and dance shoes if you have them\**

**Register by Monday, May 20th to guarantee a T-shirt!**

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## Registration Form – 2024 Dance Camp

Make checks payable to ZM Schools. Payment can be mailed to 705 Mill St., Zumbrota  
Register online @ [www.zmschools.us](http://www.zmschools.us)

I hereby consent to let my child participate in the 2024 Dance Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the school district will be held responsible in case of an accident.

Student's Name \_\_\_\_\_ Grade (2023-2024) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

T-shirt Size (please circle) – YS    YM    YL    AS    AM    AL    AXL

# ZUMBROTA-MAZEPPA WRESTLING SUMMER TRAINING

## Featuring: **Dakota Trom**

3x MN State Champion  
USA National Triple Crown  
Cadet National Finalist  
Head Clinician for MN Elite Wrestling

**Where:** ZM Wrestling Room (Mazeppa)

**When:** Tuesday, June 4<sup>th</sup>                      Tuesday, August 6<sup>th</sup>  
Tuesday, June 11<sup>th</sup>                      Tuesday, August 13<sup>th</sup>  
Tuesday, June 25<sup>th</sup>                      Tuesday, August 20<sup>th</sup>

**Time:** 5:00-6:30pm (Entering K 2024-25 & K-5 2023-24)  
6:45-8:15pm (6-11 for 2023-24 School Year)

**Cost:** \$40/Wrestler (checks payable to ZM Schools)

If you have any questions, please contact: Ryne McNamara: 651-324-0085 or Briant Fruth: 507-421-9235

Register Online @ [www.zmschools.us](http://www.zmschools.us).

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### Registration - Wrestling Summer Training

Mail to ZM Community Education, 705 Mill St., Zumbrota, MN 55992  
Make checks payable to ZM Schools. Register online @ [www.zmschools.us](http://www.zmschools.us)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Grade: \_\_\_\_\_ (23-24)

Email Address: \_\_\_\_\_

Address/City: \_\_\_\_\_

I hereby consent to let my child \_\_\_\_\_ participate in the 2024 summer wrestling training. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the school district will be held responsible in case of an accident.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# Summer Strength, Speed & Agility Program

Summer Strength, speed & Agility program will be led Josh Karow, MM.S. CSCS (certified strength and conditioning specialist). Programs will be tracked & managed through the Teambldr App! This program is available to our student athletes at Zumbrota – Mazeppa.

**Who:** Students in grades 6-11 (2023-24 SY) \* Deadline to register is Thurs., May 30<sup>th</sup> or when FULL! Sessions are limited, Register Early!

**When:** June 3rd – August 2nd (No class Wed., June 19th and the week of July 1st-5th)

**Where:** Strength Training - ZM HS Weight Room; Speed & Agility – ZM football practice field

Three options are available – T-Shirt included! Discounted rate if you register for both programs!

Option 1: Strength, Speed & Agility Program	Option 2: Strength Only	Option 3: Speed & Agility Only
<b>Strength Sessions:</b> Mondays, Wednesdays, Fridays (register for one session only) <ul style="list-style-type: none"><li>• Session 1: 6-7:15 AM</li><li>• Session 2: 12-1:15 PM</li></ul> <b>Speed Agility:</b> Tuesdays & Thursdays <ul style="list-style-type: none"><li>• 5:30-6:30 PM</li></ul> <b>Cost:</b> \$259 for Strength & Speed Agility (5 sessions a week)	<b>Strength Only:</b> Mondays, Wednesdays, Fridays (register for one session only) <ul style="list-style-type: none"><li>• Session 1: 6-7:15 AM</li><li>• Session 2: 12-1:15 PM</li></ul> <b>Cost:</b> \$189 for Strength Only (3 sessions a week)	<b>Speed &amp; Agility Only:</b> Tuesdays & Thursdays <ul style="list-style-type: none"><li>• 5:30 – 6:30PM</li></ul> <b>Where:</b> ZM football practice field <b>Cost:</b> \$109 for Speed & Agility Only (2 sessions a week)

Evaluation Days: **Option 1: Full Program: Strength Only** – Attend your first strength session

**Speed & Agility** – Tuesday, June 4th 5:30-6:30 PM ZM football practice field

**Option 2: Strength Only** – Attend your first strength session

**Option 3: Speed & Agility Only** – Tuesday, June 4th 5:30-6:30 PM ZM football practice field

## Registration Form – Summer Strength, Speed & Agility

Mail checks payable to ZM Schools, ZM Community Education, 705 Mill St., Zumbrota MN 55992

Register Online @ [www.zmschools.us](http://www.zmschools.us)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade (23-24) \_\_\_\_\_

Address/City: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact/Phone: \_\_\_\_\_

T-Shirt Size (please circle):    YS    YM    YL    AS    AM    AL    AXL

I HEREBY CONSENT TO LET MY CHILD PARTICIPATE IN THE 2024 Summer Strength, Speed & Agility program. I understand that all reasonable care and caution will be taken by those in charge to prevent injury, but neither those in charge nor the ZM School District will be held responsible in case of an accident.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# ANNUAL BIKE RODEO

**Free Event**

**Please Pre-registration @ [www.zmschool.us](http://www.zmschool.us)  
to help with accurate planning**

The bike rodeo course is designed to simulate accrual road situations commonly encountered by bicyclists. The course will focus on the following skills and safety features:

- Signaling
- Turning
- Braking
- Weaving
- Helmet Safety
- Stop Sign
- Bike Inspection
- Gear

**Monday, May 20th  
All ages welcome!**

**4:30-5:30 PM  
ZMPS Blacktop/Playground – Zta**

Drawings for bikes and helmets will be done at the end of the event. Need not be present to win!

**Monday, May 20th**

**4:30 – 5:30 PM**

**All Ages welcome!**

**Will be held on the  
Primary School  
Playground -  
Zumbrota**

**In the event of  
rain, the event  
will be held on  
Tuesday, May 21<sup>st</sup>**

**4:30-5:30PM**

## **SPONSORED BY:**

- Goodhue County Sheriff's Department
- ZM Community Ed

## **DONATION FROM:**

- Mazeppa Lion's Club



# ZM K-2 Football Camp

## 2024



The K-2 football camp is designed to introduce the basic skills of football. The camp will focus on basic skills, teamwork and sportsmanship. In a non-collision and no pad environment the kids will learn basic skills, have competitions and have fun learning the sport of football. This camp will be run by ZM players and Coaches.

**Who:** For anyone in Kindergarten through 2nd Grade during '23-'24 school year

**When:** June 10<sup>th</sup> – June 12<sup>th</sup>

**Where:** Zumbrota-Mazeppa Football field

**Time:**

Day	K-2nd Grade
Monday	9:00 - 10:00a.m.
Tuesday	9:00 - 10:00a.m.
Wednesday	9:00 - 10:00a.m.

**Camp Fee:** \$45(includes a t-shirt) – checks payable to Darin Raasch

**What to wear:** Shorts, t-shirt, gym shoes and/or football cleats

**Registration deadline:** May 17<sup>th</sup> (can't guarantee a t-shirt if not registered by May 17<sup>th</sup>)

Contact info: Darin Raasch

darinr@zmsch.k12.mn.us

Only partial refund + T-shirt if notified after May 17<sup>th</sup>.

### Please Note:

We have set up a REMIND. If you have the Remind App please add ZM Youth Football <https://www.remind.com/join/zmyou> This will have announcements and in case of weather we will push out camp updates through here. You can also follow us on Twitter @ZMCougarsFB.

Detach and return the form below.

Keep the top portion as a reminder of the details

### K-2 Football Camp

Make checks payable to Darin Raasch

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch  
864 West 2<sup>nd</sup> St.  
Zumbrota, MN 55992

Name

Parent's name

Grade in '23-'24

Address

Daytime phone

email address(s)...CAN list more than one(May be used in case of weather or other emergency during camp)

T-Shirt size: ☐ Youth Medium ☐ Youth Large ☐ Small ☐ Medium ☐ Large ☐ X-large

Statement: I am willing to let \_\_\_\_\_ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

Parent/Guardian Signature

Date



# ZM Elementary Football Camp

## 2024



The elementary football camp is designed to introduce the basic skills of football. The camp will focus on teamwork and sportsmanship. In a non-collision/no pad environment we will cover basic techniques of blocking, catching, kicking, running, as well the basic rules of the game. This camp will be run by ZM players and Coaches.

**Who:** For anyone in grades 3 through 6 during '23-'24 school year

**When:** June 3rd – June 6th

**Where:** Zumbrota-Mazeppa Football field

**Time:** *(Times are staggered to not conflict w/ baseball for kids in grades 3 - 6)*

Day	3 <sup>rd</sup> & 4 <sup>th</sup> Grade	5 <sup>th</sup> and 6 <sup>th</sup> Grade
Monday	10:30a.m. - Noon	9:00a.m. – 10:30
Tuesday	9:00a.m. – 10:30a.m.	10:30a.m. - Noon
Wednesday	10:30a.m. - Noon	9:00a.m. – 10:30
Thursday	9:00a.m. – 10:30a.m.	10:30a.m. - Noon

### **Please Note:**

We have set up a REMIND. If you have the Remind App please add ZM Youth Football <https://www.remind.com/join/zmyou> This will have announcements and in case of weather we will push out camp updates through here. You can also follow us on Twitter @ZMCougarsFB.

**Camp Fee:** \$60(includes a t-shirt) – checks payable to **Darin Raasch**

**What to wear:** Shorts, t-shirt, gym shoes and/or football cleats

**Registration deadline:** May 17<sup>th</sup> (can't guarantee a t-shirt is not in by May 17th)

**Contact info:** Darin Raasch

darinr@zmsch.k12.mn.us

Only partial refund + T-shirt if notified after May 17<sup>th</sup>.

Detach and return the form below.

Keep the top portion as a reminder of the details

### Elementary Camp Form

Make checks payable to **Darin Raasch**

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch  
864 West 2<sup>nd</sup> St.  
Zumbrota, MN 55992

Name

Parent's name

Grade in '23-'24

Address

Daytime phone

email address(s)...CAN list more than one(May be used in case of weather or other emergency during camp)

T-Shirt size: ☐ Youth Medium ☐ Youth Large ☐ Small ☐ Medium ☐ Large ☐ X-large

Statement: I am willing to let \_\_\_\_\_ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

Parent/Guardian Signature

Date





# ZM Jr. High Football Camp 2024



The Junior High and High School football camp is designed to introduce the players to drills and schemes that we will use during the upcoming season. In a non-collision/no pad environment we will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. The junior high camp will introduce all players to all positions. Helmet and Shoulder pads will be issued for this camp. This camp will be run by ZM coaches.

**Who:** For anyone going into grades 7 or 8 next year(6<sup>th</sup> and 7<sup>th</sup> this year)

**When:** July 15<sup>th</sup> – 18<sup>th</sup>

**Where:** Zumbrota-Mazeppa Football field

**Time:** 10:00a.m. – 11:30a.m.(10-Noon on Monday July 15th)

**Camp Fee:** \$60(includes a t-shirt) – checks payable to ZM Football

- If a 6<sup>th</sup> grader this year decides to go to BOTH elementary and J.H. camps the fee is only \$30 for July Camp

**What to wear:** Shorts, t-shirt, gym shoes and/or football cleats

**Registration Deadline:** June 21st

Contact info: Darin Raasch

[darinr@zmsch.k12.mn.us](mailto:darinr@zmsch.k12.mn.us)

Only partial refund if notified after June 21st

Detach and return the form below.

Keep the top portion as a reminder of the details

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## JH Camp Form

Make checks payable to ZM FOOTBALL

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch  
864 West 2<sup>nd</sup> St.  
Zumbrota, MN 55992

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent's name

\_\_\_\_\_  
Grade '23-'24

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email

\_\_\_\_\_  
Daytime phone

\_\_\_\_\_  
email address(s)...CAN list more than one(May be used in case of weather or other emergency during camp)

T-Shirt size: \_\_\_\_ Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-large \_\_\_\_ XX-large

Statement: I am willing to let \_\_\_\_\_ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



## ZM Varsity/JV Football Camp 2024



The High School football camp is designed to introduce the players to drills and scheme that we will use during the upcoming season. We will cover position specific footwork, mechanics and concept, as well as scheme and terminology that will be used during the upcoming season. During this camp we WILL issue equipment and use it for the state mandated acclimatization process for our TEAM CAMP in Marshall, MN July 24th-26th. This camp will be run by ZM coaches.

**Who:** For anyone going into grades 9 through 12 next year(8<sup>th</sup> through 11<sup>th</sup> this year)

**When:** July 15<sup>th</sup> – 18<sup>th</sup> & 22nd & 23rd & 29th & 30th

**Where:** Zumbrota-Mazeppa Football field

**Time:** 7-9a.m. AND 6:30pm – 8:00p.m.

**Camp Fee:** \$45 – checks payable to ZM Football

**What to wear:** Shorts, t-shirt, gym shoes and/or football cleats

**Registration Deadline:** June 21st

**Please Note:**

We have set up a REMIND. If you have the Remind App please add ZM HS Football <https://www.remind.com/join/zmhsf> This will have announcements and in case of weather we will push out camp updates through here. You can also follow us on Twitter @ZMCougarsFB.

**Contact info:** Darin Raasch

or

Coach Boraas

[darinr@zmsch.k12.mn.us](mailto:darinr@zmsch.k12.mn.us)

[joshb@zmsch.k12.mn.us](mailto:joshb@zmsch.k12.mn.us)

Only partial refund + T-shirt if notified after June 21st

Detach and return the form below.

Keep the top portion as a reminder of the details

Varsity/JV Camp Form

Make checks payable to ZM Football

Return registration form and fee to Coach Raasch in the High School, or you may mail the form to:

Darin Raasch  
864 West 2<sup>nd</sup> St.  
Zumbrota, MN 55992

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent's name

\_\_\_\_\_  
Grade next fall

\_\_\_\_\_  
Address

\_\_\_\_\_  
Daytime phone

\_\_\_\_\_  
email address(s)...CAN list more than one

T-Shirt size: \_\_\_\_ Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-large \_\_\_\_ XX-large

Statement: I am willing to let \_\_\_\_\_ participate in the ZM Football Camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School district will be held liable for any injuries associated w/ this camp.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



# ZM Varsity Football

## Team Camp

### 2024



The SMSU Team Camp is an opportunity for our TEAM to compete in scrimmage and position competition against other teams when we travel to Marshall, MN. Several area teams travel to camps across the state and at least three will be going to this camp in Marshall as well. This is an opportunity for us to improve as a team in preparation for the upcoming 2024 football season. The players will use the equipment they will be issued for our camp in Zumbrota the week before. This is a great opportunity for us and we hope to have a large amount of athletes participating.

**Who:** For anyone going into grades 10 through 12 next year(9<sup>th</sup> through 11<sup>th</sup> this year)

NOTE: This is an expensive camp for Varsity players. Therefore, parents can contact Coach Raasch if you are wondering if this camp is a good return on investment for your athlete.

**When:** July 24– 26<sup>th</sup>

**Where:** Marshall, MN

**Departure Time on July 24th:** 7:00 a.m.

**Return Time on July 26<sup>th</sup>:** 4pm(estimated time of arrival)

**Camp Fee:** \$200 – You will pay SMSU(some scholarships available, see Coach Raasch for more info)

Contact Coach Raasch for more info: [darinr@zmsch.k12.mn.us](mailto:darinr@zmsch.k12.mn.us) or Coach Boraas at [joshb@zmsch.k12.mn.us](mailto:joshb@zmsch.k12.mn.us)

Detach and return the form below.

Keep the top portion as a reminder of the details

#### SMSU TEAM CAMP FORM

TO REGISTER:

- 1) Go To: <https://www.smsufootballcamps.com/>

Example ONLY this is previous year information:

EVENT	DATES	GRADES	
Individual Camp	06/29/2023	9th - 12th Grade as of Fall 2023	REGISTER >
Youth Camp	07/24/2023 - 07/25/2023	1st - 6th Grade as of Fall 2023	REGISTER >
Team Camp	07/26/2023 - 07/28/2023	9th - 12th Grade as of Fall 2023	REGISTER >
Individual Camp	07/28/2023	9th - 12th Grade as of Fall 2023	REGISTER >

- 2) Select Register on TEAM CAMP

Register for this event!

Select a price option to continue.

☒ Overnight Camper (Pay In Full) \$195.00

☐ Overnight Camper (Deposit Only) \$50.00

☐ Commuter Camper (Pay In Full) \$145.00

☐ Commuter Camper (Deposit Only) \$50.00

- 3) We will be an Overnight Camper
- 4) Follow the rest of the links to register.

### What to Bring

1. Full Pads - Helmet, Shoulder Pads, Lower Pads, Jersey, Pants, Cleats, Socks, Mouth Guard
2. Bedding for a Twin Size Bed
3. Alarm Clock

# 2024 Volleyball Camp

**Who:** Girls & Boys who are in Kindergarten -5<sup>th</sup> Grade for the 2023-2024 school year (current school year)

**When:** June 3<sup>rd</sup>-6<sup>th</sup> : Monday-Thursday

Grades K-1 : 10:30 - 11:30 a.m.

Grades 2-3: 9:15 - 10:15 a.m.

Grades 4-5: 8:00 - 9:00 a.m.

**Where:** High School Gym in Zumbrota

**Cost:** \$50

**\*Includes a T-shirt**

**\*Make checks payable to Lisa Nelson**

**What to bring:** Water bottle & Gym shoes.

During camp week we will focus on basic volleyball skills such as passing, setting, hitting, and serving. We will learn a variety of skills through fun and engaging drills. Skill development, basic rule comprehension, and fun are the main goals. ZM Volleyball Coaches will be running the camp. We look forward to working with you!

**Contact Information:** Lisa Nelson

[lisan@zmsch.k12.mn.us](mailto:lisan@zmsch.k12.mn.us)

507-254-4031

**Deadline to sign up is Monday, May 20<sup>th</sup>. If you sign up after this date you may not receive a t-shirt.**

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**Make checks payable to Lisa Nelson-Return slip to the office or Mrs. Nelson.**

Name: \_\_\_\_\_

Grade (2023-2024): \_\_\_\_\_

T-shirt size:    Youth Small \_\_\_\_\_    Youth Med. \_\_\_\_\_    Youth Large \_\_\_\_\_  
                         Adult Small \_\_\_\_\_    Adult Med. \_\_\_\_\_    Adult Large \_\_\_\_\_    Adult XL \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail Address \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I agree that the camp director, coaches, and ZM Public Schools are released and are waived from any and all past, present, and future claims, demands, or causes of action. I have full knowledge of the risks involved in this event and I am physically fit to safely participate. It is my responsibility to be properly insured and/or pay all medical costs in the event of an injury or damage to person or property and I will seek appropriate medical assistance if necessary. In the event I require medical attention, I hereby permit medical personnel to provide the necessary medical attention.



# 2024 Z-M Summer Volleyball Camp

Ran by 3C Volleyball. The 3C volleyball camps are run by a group of current and former college coaches and players. It is their mission to help young players grow into more than a good volleyball player. They teach: \*Basic skills & knowledge of the game \*Strong team culture \*Healthy & lasting relationships with teammates and coaches \*Confidence on and off the court \*Strong character \*Growth mindset \*Mental toughness.

## The 3 C's Volleyball Camp:

- Go over basics: Passing, serving, setting, attacking and defense with lots of breakdown and repetition.
  - Team Talk: Team culture, coachability, mental toughness, resilience, and a growth mindset.
  - We put what we learned earlier into action. This includes lots of team play.

**July 29<sup>th</sup>- 31<sup>st</sup>**

**Z-M High School Gym**



**6<sup>th</sup> & 7<sup>th</sup> Graders** (2023-2024 School Year)

9:00-11:30     \$75 per camper

**8<sup>th</sup> -11<sup>th</sup> Graders** (2023-2024 School Year)

12:30-4:30     \$150 per camper

Camp t-shirt included!

**Camp Director:** Lisa Nelson, [lisan@zmsch.k12.mn.us](mailto:lisan@zmsch.k12.mn.us), 507-254-4031

**Camp Instructor:** 3C's Volleyball

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Cut off and make checks payable to **ZM Volleyball**. Send registration to the High School office or Mrs. Nelson  
2024 Z-M Summer Volleyball Camp

Name: \_\_\_\_\_ Grade(2023-24 school year): \_\_\_\_\_

Parents/Guardians Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt size: Adult     Small \_\_\_\_\_     Medium \_\_\_\_\_     Large \_\_\_\_\_     XL \_\_\_\_\_

## Emergency Contact

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

## Camp Agreement/Hold Harmless/Insurance:

I hereby agree that my child will be attending the Z-M volleyball clinic and that she is in condition to participate in the daily activities. I grant permission to the Z-M volleyball clinic, its directors, instructors, etc. to act for me in using their best judgment in any emergency requiring medical care, injury treatment, or treatment at a medical facility. I hereby waive and release the Z-M volleyball clinic, its directors, instructors, and all employees from any responsibility for personal injury arising out of the applicant's participation in the camp program. All campers should be covered by their own personal insurance which should be listed below with the policy number. By signing below, I agree to hold harmless for any and all responsibility, loss of items, damages, costs or expenses which are sustained.

Participant's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_



# 2024 Cougar Girls Basketball Camp



**Who:** Girls currently (2023-2024) in grades K-11<sup>th</sup>

**When:** Monday-Thursday June 10<sup>th</sup>-13<sup>th</sup>

**Where:** HS Gym (3<sup>rd</sup>-6<sup>th</sup> & 7<sup>th</sup>-11<sup>th</sup>), Primary Gym (K-2<sup>nd</sup>) in Zumbrota

**Cost:** K-2 session (\$55) , 3-6 & 7-11 sessions (\$60) (*cost includes a camp t-shirt*)

Session 1: Grades K-2      8:30-9:35am (Primary Gym)

Session 2: Grades 3-6      9:45-11:00am (HS Gym)

Session 3: Grades 7-11      11:00am-12:15pm (HS Gym)

Here's your chance to join your friends, have fun, and improve your basketball skills. We are excited about the opportunity to be working with and getting to know both our present and future Cougar basketball athletes. Age-appropriate fundamental skills with an emphasis on shooting will take place at camp.

**Camp Director:** ZM Head Girls Basketball Coach Darren Nelson; if you have any questions, email him at: [dhnelson12@gmail.com](mailto:dhnelson12@gmail.com) or [darren.nelson@byron.k12.mn.us](mailto:darren.nelson@byron.k12.mn.us)

Make checks payable to: **Darren Nelson**

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**Detach and retain the top portion for your records.**

Return registration form and fee to Darren Nelson at the ZM High School Office at 705 Mill Street, Zumbrota, MN 55992 or mail to Darren Nelson at home: 23037 County 10 Blvd, Mazeppa, MN 55956.

**Register by May 17<sup>th</sup>, 2024.** Late registrations may be accepted, but without a shirt guarantee.

Player's Name: \_\_\_\_\_ Grade Currently In (2023-24): \_\_\_\_\_

Parents Name(s): \_\_\_\_\_

Parent Phone# during camp: \_\_\_\_\_ E-mail: \_\_\_\_\_

**T-Shirt Size (circle choice):**

**Youth Small   Youth Medium   Youth Large   Adult Small   Adult Medium   Adult Large   Adult XL**

Statement: I am willing to let my child, \_\_\_\_\_, participate in basketball camp. I understand that all reasonable care will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School District will be held liable for injuries that occur during the camp.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## 2024 Cougar Softball Camp



Girls looking to develop and improve their softball knowledge have an opportunity to gain skills and learn proper technique this summer. The softball camp will allow you to grow as a player through individualized instruction in fielding and hitting.

Dates: June 3<sup>rd</sup>-6<sup>th</sup>

Location: Zumbrota-Mazeppa High School Varsity Softball Field

Grades: 1<sup>st</sup> – 2<sup>nd</sup> – 8:00 am – 9:00 am

5<sup>th</sup> -6<sup>th</sup> – 9:15 am – 10:15 am

3<sup>rd</sup> – 4<sup>th</sup> – 10:30 am – 11:30 am

Cost: \$35

Please bring a glove, tennis shoes or cleats and water bottle.

If you have any questions, please contact Megan Nelson at [megannelson@zmsch.k12.mn.us](mailto:megannelson@zmsch.k12.mn.us)

**Please hand in registration by Wednesday, May 22<sup>nd</sup>.**

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Make check payable to Megan Nelson

Return Registration to the primary office or hand to Megan Nelson

Name: \_\_\_\_\_ Grade ('23 – '24): \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent Permission: I give my child permission to participate in the softball camp. My signature is an expression of my faith in my child participating in the ZM Softball Camp. It also frees Independent School District #2805 and its employees from liability in the case of an accident. I understand ISD #2805 does NOT carry secondary accidental or medical insurance on participants. We/I also certify that my/our child is medically fit to participate in the softball academy and grant permission for medical attention if needed during academy activities.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## BASKETBALL

It's time to take Z-M basketball to the next level! Come develop your skills, learn new ways to play with your team, and improve your game before the summer turns up!

Grade levels are determined by which grade the student was in during the 2023-24 school year.

Current 3<sup>rd</sup>-5<sup>th</sup> Graders- 1:00pm-2:00pm  
Current 6<sup>th</sup>- 8<sup>th</sup> Graders- 2:00pm-3:30pm  
Current 9<sup>th</sup>- 11<sup>th</sup> Graders-- 3:30pm-5:30pm

### Contact Information

Head Coach Logan Jensen  
PHONE: 507-254-5195  
EMAIL: loganj@zmsch.k12.mn.us

### Deadline:

**Sign-up by May 10<sup>th</sup>**

**Return sheet and payment to  
High school/Elementary office  
or to Mr. Jensen**

### Payment:

**Cash or check**

**Make check payable to  
Logan Jensen**

# ZUMBROTA-MAZEPPA

## Boys Basketball Camp

### LOCATION

**Zumbrota-Mazeppa High School (Big Gym)**

### DATES AND COST

**June 3<sup>rd</sup>- June 6<sup>th</sup>**

**Cost- 3<sup>rd</sup>-5<sup>th</sup> = \$50 = 4 hours of camp**

**6<sup>th</sup>-8<sup>th</sup> = \$60 = 6 hours of camp**

**9<sup>th</sup>-11<sup>th</sup> = \$80 = 8 hours of camp**

**Sign-up for grades you were in the CURRENT (2023-24)  
school year (Place "X" on correct grade)**

3<sup>rd</sup>-5<sup>th</sup> Grade \_\_\_\_\_

6<sup>th</sup>-8<sup>th</sup> Grade \_\_\_\_\_

9<sup>th</sup>-11<sup>th</sup> Grade \_\_\_\_\_

T-Shirt Youth Sizes (circle one)      S      M      L

T-Shirt Adult Sizes (circle one)      S      M      L      XL

Statement: I am willing to let my child participate in basketball camp. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the Zumbrota-Mazeppa School District will be held liable for any injuries associated with the camp. If injury occurs, supervisor will call the number listed below.

Child Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Phone Number: \_\_\_\_\_



## 4-H Summer Day Programs – 2024

Cost: \$10\* per CAMP

***Participants will spend the day participating in fun, exciting, and educational activities! Come one, come all!***

**Pre-register by Friday, June 7** through [z.umn.edu/GCDaycamps](https://z.umn.edu/GCDaycamps) calling 651-385-3100, or emailing [mnext-goodhue@umn.edu](mailto:mnext-goodhue@umn.edu). Payment must be received for registration to be complete. **(Cash or check only – payable to Goodhue County 4-H)**

**Our programs do have limited space - we will take registrations in the order they are received and completed (this includes payment received). We will start wait lists if needed.**

\*\*\*\*\*

**(Please bring a bag lunch and water to each program)**

### **MinnAqua Day Camp (Grades 3-5) (20 Max Participants)**

**Thursday, June 13th, 9 AM-2 PM, Pottery Pond, Red Wing MN**

Games, crafts, fishing and a free tackle box are all part of this great camp, as you learn about the environment! Please do not bring a fishing pole – we will provide all materials you will need for the camp!

### **Cloverbud Art Day Camp (Grades K-2) (20 Max Participants)**

**Thursday, June 27th, 9AM-2PM, Lake Byllesby Lakeside Park, Cannon Falls, MN**

Grab your paint brushes and get ready for a day spent utilizing nature to create beautiful art, and learn about how different types of art can be created.

### **4-H Project Exploration Day Camp (Grades 3-5) (20 Max Participants)**

**Tuesday, July 9th, 9 AM – 2 PM, Wanamingo River Park, Wanamingo, MN**

Spend the day exploring the different 4-H project areas, from crafts and fine arts to gardening. Make a project that can be brought to the county fair.

### **Farm Safety Day Camp (Grades 3-5) (20 Max Participants)**

**Thursday, July 11th, 9 AM – 2 PM, Zumbrota, MN**

In conjunction with the University of Minnesota Farm Safety Educator, this day will be jam packed with information about farm safety. We will be covering everything from livestock and grain bin safety, to tractors and PTO's. This will be a great opportunity for all youth!

### **Experiments Galore Day Camp (Grades 3-5) (20 Max Participants)**

**Tuesday, July 16, 9 AM – 2 PM, Hok-Sil-A, Lake City, MN**

Grab your lab coats and goggles, because we're going to spend the day learning about all things science. From experiments to methods, it'll be a day filled with fun and learning.

### **Cloverbud Science Day Camp (Grades K-2) (20 Max Participants)**

**Thursday, July 18, 9 AM – 2 PM, Rosie's Park, Goodhue, MN**

Express your creative side at this day camp! We'll spend the day exploring different types of art and creating your own!

### **Art Day Camp (Grades 3-5) (20 Max Participants)**

**Tuesday, July 23, 9 AM - 2 PM, Pine Island Trailhead Park, Pine Island, MN**

Express your creative side at this day camp! We'll spend the day exploring different types of art and creating your own!

### **Carpenter Nature Center (Grades K-6) (45 Max Participants) (\$20 fee)**

**Thursday, July 25th, 9AM-3PM, Carpenter Nature Center, Hastings MN.**

We will be busing to the nature center where we will be learning about wetland species and getting to meet some of their animal ambassadors.

## For All Kids Ages 18 & Under

Questions - P: (507) 732-1419 or Email: [brent@zmsch.k12.mn.us](mailto:brent@zmsch.k12.mn.us)

*Menu subject to change due to product availability.*

**Weekdays, starting June 3rd-Aug.**

Questions - P: (507) 732-1419 or Email: [brentl@zmsch.k12.mn.us](mailto:brentl@zmsch.k12.mn.us)

*Menu subject to change due to product availability.*

**No Meal Service on June 19th, July 4th and 5th. Last day for summer meals is Aug. 23rd.**

*This institution is an equal opportunity provider*

Menu's available online at <https://zmschools.nutrislice.com/menu>



**ADVENTURE**  
— BEGINS AT —  
**YOUR LIBRARY™**



# **SUMMER READING PROGRAM**

## **2024: JUNE 1 - AUGUST 10**

**Join us for a summer filled with adventure!**

**Reading Challenges (ages birth-18):** Read books and complete literacy activities to earn prizes! You can track your progress online at [zumbrota.beanstack.org](http://zumbrota.beanstack.org) or with our paper packets.

**Programs & Events:** Join us for some awesome performers, presenters, artists, and more! These programs are free and open to all though please note that some require registration and most will include a recommended age range.

**MORE INFORMATION WILL BE AVAILABLE SOON ON  
THE LIBRARY'S WEBSITE: [WWW.ZUMBROTA.INFO](http://WWW.ZUMBROTA.INFO)**

Zumbrota Public Library | 100 West Ave | 507-732-5211 | [znl@selen.info](mailto:znl@selen.info)